



ROOT VEGETABLES ARE HIGH IN CARBOHYDRATES,  
WHICH GIVE YOU ENERGY!

SIMPLY  
GOOD

**Elementary (K-5) Lunch Menu**

**December 2015**

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nov 30</b>	<b>Dec 1</b>	<b>Dec 2</b>	<b>Dec 3</b>	<b>Dec 4</b>
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll  Fresh Roma Roasted Local Red Potatoes Fresh Romaine & Tomato Salad Fresh Local Apple	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons  Southwest Pinto Beans Fresh Celery w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice  Seasoned Carrots Fresh Cucumber Coins  Fresh Orange	Pizza Burger on Whole Grain Bun OR Italian Bagel  Sweet Potato Wedges Fresh Local Kale Caesar Salad  Fresh Local Pear	<p><b>PD DAY</b></p> <p><b>No School</b></p>
<b>Dec 7</b>	<b>Dec 8</b>	<b>Dec 9</b>	<b>Dec 10</b>	
Turkey Hot Dog on a Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread  Baked Beans Fresh Homemade Cole Slaw Fresh Local Apple	Whole Grain Spaghetti w/Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese  Green Beans Italiano Baby Carrots w/Light Dressing Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun  Seasoned Carrots Fresh Romaine and Tomato Side Salad  Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein  Roasted Broccoli Fresh Celery Sticks w/ Light Dressing  Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito  Mexican Corn Fresh Baby Carrots w/ Light Dressing  100 % Grape Juice
<b>Dec 14</b>	<b>Dec 15</b>	<b>Dec 16</b>	<b>Dec 17</b>	<b>Dec 18</b>
Spicy Asian Chicken w/Brown Rice OR Veggie Lo Mein  Glazed Carrots  Fresh Broccoli w/Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco  Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing  Pineapple Cup	Glazed Turkey Ham Cornbread Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread  Mashed Potatoes w/ Gravy Fresh Celery Sticks  Fresh Orange	Cheeseburger on Whole Grain Bun OR Veggie Chili w/Whole Grain Dinner Roll  Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Rachael Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit OR Cheese and Yogurt Plate  Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins  100 % Grape Juice
<b>Dec 21</b>	<b>Dec 22</b>	<b>Dec 23</b>	<b>Dec 24</b>	<b>Dec 25</b>



**HAPPY HOLIDAYS!!**



**NO SCHOOL**